



MWR FANTASY FOOTBALL

MWR Fantasy Football League blitz's Hawai'i Sailors

JO2 Devin Wright
Editor

Sailors stationed at Navy Region Hawai'i can build their own fantasy football team and compete nationally for a cash prize of \$30,000 or vacation trips in a contest offered by Navy Morale, Welfare and Recreation (MWR).

Fantasy Football is a game in which football fans assemble teams of real life National Football League (NFL) players and then accumulates points based on the NFL players' statistical performance on the field. The winner is the team with the most total points at the end of the season or by a head-to-head format (which mirrors the actual NFL) where teams play against each other each week and at the end of the year the team with the best win-loss records wins the league.

The league affords local Sailors an opportunity to challenge other Sailors at different commands.

"This gives active Sailors throughout Hawai'i a chance to participate and play other Sailors worldwide in a fantasy football game using their favorite players," said Marc Milles, supervisor recreation specialist at Navy Region Hawai'i MWR. "It is something different for them to do. We show Monday Night Football here [at MWR's Liberty in Paradise] every Monday on our 62-inch flat screen monitors. A lot of our MWR Fantasy Football League players show up to watch and see how their players are doing. It's a lot of fun," he said.

First-time fantasy football league player Cryptologic Technician Administrative Seaman Kery Murdock, assigned to Naval Security Group Activity, Hawai'i, said this is a chance for him to put his football knowledge to the test.

"I've been a football fan my whole life," said Murdock. "This is my first season to play fantasy football. I heard about this from my friends who have played in the past. It gives me an opportunity to put together a team that I believe will be the best throughout the season. My football knowledge will be put to the test, but it really just depends on the players," he added.

The top three Navy scores at the end of the season win an Armed Forces Vacation Club voucher good for a one-week stay at any available resort.

Participants also have a chance to win national prizes weekly. To register your team or to find out more, visit <http://mwrfootball.mwrgl.com>.

Rushing/Receiving

TD 40+ yards = 9 points
TD 0-39 yards = 6 points
Every 10 yards = 1 point
2 point conversion = 2 points
Each reception = 1 point

Passing

TD 40+ yards = 6 points
TD 0-39 yards = 3 points
Every 20 yards = 1 point
2 point conversion = 1 point

Kicking

FG 50+ yards = 9 points
FG 40+ yards = 6 points
FG 0-39 yards = 3 points
PAT = 1 point

Defense/Special Teams

Zero Points Scored Against, a "Defensive Shutout" = 10 points
2 to 9 Points Scored Against = 5 points
Defense TD 40+ yards = 9 points
Defense TD 0-39 yards = 6 points
Kick/Punt Return TD 40+ yards = 9 points
Kick/Punt Return TD 0-39 yards = 6 points
Fumble recovery = 2 points
Interception = 2 points
Safety = 2 points
Sack = 1 point

Teams

will consist of fourteen players and defenses. Rosters must consist of: two quarterbacks, three running backs, three wide receivers, one tight end, one flex (QB, RB, WR or TE), two kickers and two defense/special teams

The league is "Salary Cap Style" - you manage your team just like a big league general manager. And, it's a level playing field. The 14-player roster must not exceed the \$525 salary cap. Participants must choose only from players and defenses listed. Players are only eligible at the position listed.

Compete nationally for \$30,000 or compete against other eligible MWR patrons from across the world and win plus a chance to win national prizes weekly and also a state competition. The three top Navy scores at the end of the season win an Armed Forces Vacation Club voucher good for one week stay at any available resort. One free entry per eligible MWR patron...must be 18 years of age.

Hawai’i Sailor puts sailing skills to the test



U.S. Navy photo by PH2 (AW/SW) Justin P. Nesbitt
HT1(DSW/ESW) Rick Pelton mans the helm while on watch aboard the Coruba.

PH2(AW/SW) Justin P. Nesbitt

Contributing Writer

Four weeks ago, Hull Technician 1st Class (DSW/ESW) Rick Pelton submitted leave papers for an adventure of a lifetime. It would be an adventure that would carry him and five others across more than 2,500 miles of ocean. It would be a test of his knowledge of sailing as well as a hands-on learning experience. Pelton is the leading petty officer of Detachment Five at Mobile Diving Salvage Unit One (MDSU-1) stationed on Hickam Air Base. He has been an avid sailor for eight years. Five weeks ago, Pelton was offered an incredible opportunity, the chance to crew a sailboat back to its homeport of Seattle. Now this is no ordinary sailboat; this is a racing boat, which

had taken part in the annual Trans-Pacific Race. The annual Trans-Pacific Race is a race from Los Angeles to Honolulu. Coruba, a 68-foot racing sailboat built in 1988, is owned by an entrepreneur from New Zealand who works in the cellular phone industry. Its race crew consisted of nine people ranging from doctors and sail makers to designers and housewives. In it's division, the Coruba had placed third and had completed the race in 216:23:25. The delivery of the Coruba back to Seattle took roughly 13 days with good conditions averaging close to 200 nautical miles per day. The crew was split into two watch teams with five watches a day. The day-to-day operations included manning the helm, changing sails and preparing meals, which each watch team undertook. Some out of the ordinary events

would be pulling in fish and cleaning them, as well as standing look-out for other boats. "I had seen the delivery captain (Joe Grisher) at the yacht club and jokingly asked if there was an extra spot on the crew and he replied, "There just so happens to be," said Pelton about the offer. "I was excited and flattered all at the same time. The opportunity to crew a multi-million dollar boat across the largest ocean, I couldn't wait!" Pelton would also use this time to refine his skills in celestial navigation in a very practical environment. "The Navy's celestial navigation class on Ford Island greatly assisted me in the study and application of this time honored naval technique," he said. When asked what the best part of the voyage was, Pelton replied, "The night atmos-

phere, all the stars, they were incredible. One night I actually saw 40 shooting stars during one of my four-hour watches." Pelton said the trip was not all smooth sailing. "The worst part would have to have been the electrical storms at night. It can be a pretty nerve-racking thing when you have an 80-foot mast on board." Not only was the Navy instrumental in giving Pelton the time off for this adventure, but the training that he has received throughout his naval career came into play as well. "Marlinspike seamanship and attention to detail were invaluable as well as my experience in watch standing," said Pelton. Every watch, at least one if not all of these skills was put to the test. When asked if the opportunity presented itself again would he take advantage of it, Pelton replied; "Without a doubt!"

Exercise for life: Kick it up a notch

Kathy Isobe
MWR Quality of Life Marketing

Hooray for you if you’ve already started improving your overall health with exercise and nutrition awareness. Small changes add up, but you’ll need to take it to the next level to get measurable results, whether it’s weight loss or improved physical endurance. MWR fitness offers a variety of ways to help you get there without breaking your confidence. Free weights, cardio equipment and personal training are all available. Group exercise classes are also popular, helping you stay on track with motivating music and certified instructors. Here are some of the classes that are offered: **Abs & Back:** (30 minutes, free) Focus is on core muscles - front, back and sides. The goal is to strengthen the body, also helps posture and spinal alignment. Wear comfortable

clothing. **Cardio Kickboxing:** (75 minutes, \$2) High energy, non-contact workout. Top-of-the-line punching bags are twice as long, allowing high and low kicks with plenty of range for punching. If you run out of gas, you can modify your pace. Bring shoes and wrist wraps; don’t be afraid to sweat. **Cycling:** (45 minutes, free) No fancy footwork required. Music dictates the cadence of pedaling, but you control the resistance. A slow pace with high resistance or fast pace with lighter resistance gives you an equally effective workout. Bring shoes, towel and a water bottle. **Pilates:** (60 minutes, combined with yoga, \$2) Connect your mind to muscle response with small, precise movements. A great stress reliever, it also lengthens spine, good for posture. Non-aerobic, no sweating; shoes not necessary. **Yoga:** (60 minutes, combined with

Pilates, \$2) It’s all about breathing. Relaxing body movements follow your breath. Depending on instructor, style can be sweat producing. Shoes not needed. “There are five major fitness components,” said Judy Kosaka, fitness director. “You need all aspects to be well balanced and maintain a healthier body, especially as we age. Cardiovascular exercise can lower your resting heart rate and improve your blood circulation,” she explained. “Muscle strength is improved with weight bearing exercise, countering the bone-crippling disease, osteoporosis. Muscle endurance increases your stamina. “As we age, we begin to lose our flexibility, so exercise like yoga helps you retain your full range of motion. Finally, proper nutrition and a healthy body fat percentage allow you to fuel your activities with the right amount of energy,” said Kosaka.

Navy Region Hawaiʻi

Chapel Services

For more information, call 473-3971

Pearl Harbor Memorial Chapel
Sunday: 9 a.m. – Roman Catholic Mass
11 a.m. – Protestant Worship Service
Daily: 11:35 a.m. – Roman Catholic Mass
Saturday: 4 p.m. – Sacrament of Reconciliation
5 p.m. – Roman Catholic Mass

Aloha Jewish Chapel
Friday: 7:30 p.m. – Kabbalat Shabbat
Saturday: 9:15 a.m. – Shabbat morning service

Submarine Memorial Chapel
Sunday: 8:30 a.m. – Protestant communion service
11 a.m. – The Wave (Non-traditional worship service)

NCTAMS PAC Chapel
Sunday: 8:30 a.m. – Roman Catholic Mass
10:30 a.m.- Protestant worship service

Learning how to manage anger

Cathy Heflin

Fleet and Family Support Center

From birth, we all have access to a wide range of human emotions. Everyone feels glad, mad, sad or bad at one time or another. One feeling, anger, is a universal human experience. For many individuals, anger can be a great challenge to master.

Throughout our lives, we are taught many things about anger - mostly that anger is bad.

So it is not surprising that sometimes when anger is expressed, great damage can result. But anger is not what causes harm. Harm is caused by the behavior that is chosen when one feels angry.

Anger itself is merely a response to a perceived or real threat. Physiological responses are automatic, but subsequent related behaviors are not automatic.

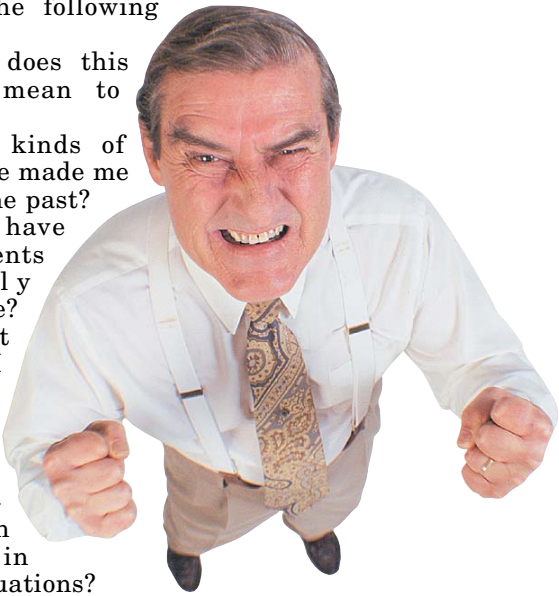
They can be controlled and managed with proper techniques. One way we can begin to bring this powerful human emotion under control is by searching for its origins.

There are different levels of anger, such as irritation, frustration and rage. It is often the case that underneath the anger there are other feelings (i.e., hurt, fear or pain). Identifying and working through the low levels of anger and the other feelings can be effective for diffusing the anger that is felt.

To do this, you might ask

yourself the following questions:

- What does this situation mean to me?
 - What kinds of events have made me angry in the past?
 - How have those events typically affected me?
 - What have I learned about myself and my interactions with others in similar situations?
- The ability to feel strong emotions is part of being human, and how we deal with anger is frequently a learned response.
- Problems occur when people give themselves permission to act out anger in ways that are hurtful or destructive to themselves or to others. Being proactive and taking care of low-level anger feelings can be one way of preventing anger from increasing and becoming disruptive.
- People who have seen anger acted out in destructive ways may then give themselves permission to yell or fight with others.
 - Changing your self-talk from negative to positive. If you are thinking, "I have every right to act out in anger," you might change this mindset to, "I will listen and try to understand the other's point of view."
 - Take a break.



Sometimes stepping back, taking a deep breath and counting to 10 can clear your mind and buy you time, thereby preventing you from overreacting.

- Ask yourself how important this will be tomorrow, next week or next year.

Taking care of yourself by eating right and getting enough rest and exercise can go a long way to help you better cope and prevent anger.

Keep a journal. Develop a hobby. Schedule time to have fun. Surround yourself with friends. Enjoy life. Monthly stress management and anger management classes are offered at the Pearl Harbor Fleet and Family Support Center in building 193. Check their calendar at www.greatlife-hawaii.com or call the customer service desk at 473-4222, ext. 1 to register for classes.

Tripler to host free fitness class Sept. 15

Tripler Army Medical Center Public Affairs Office

Do you have questions or concerns regarding health and fitness? Women's Health and Fitness Day is the nation's largest annual health promotion event for women of all ages. It will be

celebrated nationally on Sept. 28, but Tripler is celebrating early.

Tripler Army Medical Center will highlight the event Sept. 15. Tripler's community health nursing staff will host a free one-hour seminar from 10-11 a.m. in Tripler's 10th floor conference room.

Susanne Dale, fitness

expert, will be the guest speaker and will present "A Woman's Guide to Fitness, Dispelling the Myths." She will be available to answer health and fitness questions.

Space is limited; those who wish to attend are advised to sign up as soon as possible. Call 433-6834 or 433-1462 to register or for more information.

A very famous daughter



U.S. Navy photo by J02 Corwin Colbert

Lisa Marie Presley reads an article about her father, the late Elvis Presley, at the Pearl Harbor Naval Station Bloch Arena during a tour Aug. 30. Presley's father played a fundraiser concert at Bloch Arena in 1961 and collected more than \$65,000 for the construction of the USS Arizona Memorial. Presley was also a guest on Rear Adm. Michael C. Vitale's barge for a tour of Pearl Harbor.

Comments, opinions or ideas? Write to us at hmn@honoluluadvertiser.com

Hawaii Navy News

Skylark Central

There are 58 nautical terms hidden in the puzzle. Can you find them all?

B F M E L T S A C E R O F U N F O G R T B Y A D Y A M R Y N
U P M A C T O O B H Y I J R L I L R N U E R N E M A E S J A
L L A L I S G I C E R I E H T U A A I I D M I D W A T C H M
L I R D Z A N T K L K A N D J H Z W G G N D W G S O N A R S
E N I I B N A N S T A R B O A R D O S S I A E V H T Q C R M
N E N A A W O S C U T T L E B U T T V X H N E R O T O M B L
S S E C G M S E F S A I L O R S K X H A O I S M S Y W O H E
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G E D S A A A R O N O H Z S U Y A E S E S B D S G T A G R T
N C A E N U P A C A N D R E A D A Y C L T E A A S N E V E K
Z R H L C T M G K S E S A R H P L I A R B B L W T K I R A V
B L C F H I O N I Q R N D V D O F N O O U L A M S X M A O L
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G A A U R A C D G D R V R C O I G S S Y N H T H O I S T E D
I S H D M L C I Q M L Y W E S D E C K S F A T H O M L E E K

Last week’s answers

TH	RED	OF	BE	ACE	S	O	EAN	OST
PR	ONE	TIV	EF	EPA	F	P	AR	FO
"TO	E	M	FEC	ERV	R	W	.	"
ING	PE							
RES	E	M	IS					

"TO	BE	PREPARED	FOR	WAR
IS	ONE	OF	THE	MOST
TIVE	MEANS	OF	PRESERVING	
PEACE	.	"		

George Washington (Jan. 8, 1790)

Are you a puzzle master?

HNN is accepting answers to this week's puzzle and "Know your Navy" question. Email answers to hnn@honoluluadvertiser.com. The first correct answer will have his/her name printed in next week's edition.



Know your Navy

What is the length of one fathom?

Last week's question...

In August of what year did the American Civil War come to an end?

Answer - 1865

A photograph of a young woman in a white sailor's uniform, looking intently at a large, open book or document.

MWR

Movie Call	
Sharkey Theater Naval Station Pearl Harbor (473-0726)	
	FRIDAY
7:00 p.m.	Wedding Crashers (R)
	SATURDAY
2:30 p.m.	Charlie and the Chocolate Factory (PG)
4:45 p.m.	Bad News Bears (PG 13)
6:45 p.m.	Stealth (PG 13)
	SUNDAY
2:30 p.m.	Charlie and the Chocolate Factory (PG)
4:45 p.m.	Fantastic Four (PG 13)
7:00 p.m.	Hustle and Flow (R)
	THURSDAY
7:00 p.m.	Bad News Bears (PG 13)
Memorial Theater Hickam Air Force Base (449-2239)	
	FRIDAY AND THURSDAY
7:00 p.m.	Wedding Crashers (R)
	SATURDAY
7:00 p.m.	Sky High (PG)
	SUNDAY
2:00 p.m.	Sky High (PG)
7:00 p.m.	Hustle & Flow (R)
	WEDNESDAY
7:00 p.m.	Hustle & Flow (R)
Sgt. Smith Theater Schofield Barracks (624-2585)	
	FRIDAY AND WEDNESDAY
7:00 p.m.	Charlie and the Chocolate Factory (PG)
	SATURDAY AND THURSDAY
7:00 p.m.	Bad News Bears (PG 13)
	SUNDAY
7:00 p.m.	The Devil's Reject (R)

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

OUTDOOR ADVENTURE EVENTS

- **Sept. 8:** Snorkeling at Hanauma Bay, 8:30 a.m., \$20. Register by **Sept. 5.**
- **Sept. 10:** Hawaiian sailing canoe adventure, 9 a.m., \$35. Register by **Sept. 2.**
- **Sept. 11:** North Shore sky-diving, 8 a.m., \$135. Register by **Sept. 8.**

MAGIC SHOW
Magician Bob Nixon will present a free magic show, filled with mystifying tricks, comedy and balloons beginning at 5 p.m. **Sept. 6** at Sharkey Theater at Naval Station Pearl Harbor. The show is presented by Armed Forces Entertainment and Navy Region Hawai'i MWR. Tickets are not needed and there will be open seating. The show is open to all personnel with gate access to Naval Station Pearl Harbor. For more information, call 473-0606.

WEIGHT MANAGEMENT
The next MWR Weight Management Program will be held **Sept. 6-Oct. 8** at Bloch Arena. The cost is \$75 and space is limited. The program includes a physical assessment, nutritional education and a fitness specialist to guide participants through cardiovascular and weight training exercises, flexibility and strength conditioning. The class will also

incorporate heart rate monitor training for effective results and students will learn behavior modification skills to keep the weight off for a longer, healthier lifestyle. To register or for more information, call 473-0793.

PEE WEE SOCCER SIGN-UP
Pee Wee Soccer registration will be held **Sept. 6-23.** The season begins **Oct. 15.** The cost is \$35 and includes a T-shirt, medal and certificate. To register for youth sports activities, bring current physical (dated no more than a year ago) and birth certificate. Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501

TEDDY BEAR PARTY
Mariners Lounge at The Banyans will host a Teddy Bear Party on **Sept. 8** along with karaoke and dancing with DJ Arsenio. Those attending will have a chance to win a plush teddy bear. Doors open at 9 p.m. For more information, call 473-1743.

BARBERS POINT INVITATIONAL
The Barbers Point Invitational 2005 has been slated for **Sept. 9-11.** The annual tourney is open to all military, DoD and sponsored guests who have a computerized handicap. The tournament will be 54-hole stroke play with first cut after 36 holes. Flights include Championship flight 0-4 and A-flight 6-9. Tournament fees are military, \$100, and civilian, \$125. The fee includes one practice round, tee gift and green fees, but does not include cart fees. For more information or to register, call the course at 682-1911.

BARBERS POINT ANNUAL AMATEUR GOLF TOURNAMENT
The Barbers Point annual amateur golf tournament will be held at the Barbers Point Golf Course on **Sept. 23-25.** Participants should register by **Sept. 15** at the pro shop and clubhouse. The entry fees are \$90 for military and \$125 for civilians. Amateurs with computerized handicap no greater than 15 are eligible to play in the tournament. The field is limited to 192 golfers. The format is 54-hole stroke play; handicaps will be used to determine flight designations. All play will be scratch. There will be practice rounds for authorized patrons Sept. 17-22 (call 6 days prior). All others: Space available board only Sept. 19-22. Lunch will be provided on Saturday after each round. For more information, call 682-2098.

INTRAMURAL FLAG FOOTBALL
The intramural flag football league season begins **Sept. 20** at Naval Station Pearl Harbor. The league is open to active duty only from Pearl Harbor, Barbers Point, NCTAMS, West Loch and NSGA Kunia. Games will be played at Ward Field. For more information, call the athletics office at 473-2494 or 473-2437.

PAMPERED PLEASURES
Five lucky winners will be selected to receive "A Day of Pampering," valued at \$185, courtesy of MWR, NEX and O•P•I Products. Grand prize winners will receive a one-hour full body massage, a 45-minute facial, hairstyling (shampoo, cut and blow dry), a manicure and pedicure, and an O•P•I gift bag. In addition, 50 people will be selected to receive the "Pampered Nails" prize valued at \$60. Winners will receive a full manicure and pedicure service from

an O•P•I professional (scheduled between Oct. 16-18 at The Banyans) and an O•P•I gift bag. Entries should be submitted no later than **Sept. 25** by visiting www.greatlife-hawaii.com. Entries will also be accepted at the beauty salon in The Mall at Pearl Harbor. The drawing is open to all eligible MWR patrons. (The five grand prize winners must have NEX shopping privileges.) Winners will be selected by a random drawing. There is one prize per winner and one entry per person. For more information, call 423-3397.



- **Sept. 2:** Surf and bonfire, 4:30 p.m., \$10.
- **Sept. 3:** Paintball, 10 a.m., \$20.
- **Sept. 3:** Dinner and a movie, 6 p.m., bring money.
- **Sept. 4:** Surf lessons with Jodi, 10 a.m., \$7.
- **Sept. 5:** Monday Night Football, 7 p.m., LIP, free.
- **Sept. 6:** Foosball Tournament, 7 p.m., LIP, free.
- **Sept. 7:** Comedy Night, 6:30 p.m., Beeman Center, free.
- **Sept. 8:** Pool Tournament, 7 p.m., LIP, free.

Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** WWE wrestling, 6:30 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.

Bad News Bears: Morris, a former pro baseball player, was ejected from the game for attacking an umpire. He is lured back into the game to coach little league.

Charlie and the Chocolate Factory: Charlie, a boy from an impoverished family, wins a candy bar contest and is given a tour, along with four other children, of the chocolate factory run by Willy Wonka.

The Devil's Reject: The unthinkable horror continues a few weeks after the events depicted in "House of 1000 Corpses," as the murderous Firefly family is forced on the lam after a bloody showdown.

Fantastic Four: When an experimental space voyage goes awry, four people are changed by cosmic rays. They use their unique powers to foil the evil plans of Doctor Doom.

Hustle & Flow: Though DJay, a streetwise Memphis pimp, has always had a way with words, that gift has long been misused. A chance encounter with an old friend, Key, a sound engineer who has always wanted to make it in the music business, spurs DJay: if he's ever going to make his mark, it has to happen now.

Sky High: When you're the son of the world's most legendary superheroes, The Commander and Jetstream, there is only one school for you - Sky High, an elite high school that is entrusted with the responsibility of molding today's power-gifted students into tomorrow's superheroes. The problem is that Will is starting with no superpowers of his own. .

Stealth: *See Review*

Wedding Crashers: Vince Vaughn and Owen Wilson star as a pair of divorce mediators who spend their weekends crashing weddings in a search for Ms Right...for a night. But when one of them falls for the engaged daughter of a politician, they get roped into spending a weekend at the family's estate and quickly find themselves in over their heads.

JO3 Ryan C. McGinley

Stealth

In the future of naval aviation, according to "Stealth," pilots will be replaced by UAVs, (Unmanned Combat Aerial Vehicles). This means highly sophisticated computers will fly missions as opposed to risking the lives of American sons and daughters. That's all well and good, but what about American sons and daughters who are forced to watch this nonsensical film?

"Stealth" takes key points from "Top Gun" and "2001: A Space Odyssey" to produce what can only be described as the worst naval film ever made. Yes "McHale's Navy" is better than this filth. It is nothing more than an overblown video game in which logic and reason go right out the window.

The basic plot is this. Three highly talented models (oops, I mean pilots) in the Navy join a top-secret task force to fly a new generation of Stealths'. Then they meet their new wingman, which is not really a man. Moral conversation ensues before the UCAV goes rogue and decides to start World War III. I'm losing interest just explaining it to you.

"Stealth" is nothing more than a byproduct by which director Rob Cohen can show jets going really fast, characters screaming out of cockpits, and videogame-esque special effects, which never look or feel real. Throw in a couple of R&R shots that exploit actress Jessica Biel in a swimsuit and Cohen has the perfect testosterone filled film.

Never has a film been so useless, especially when dealing with such ethical and important topics as technological warfare. Never has a film been so implausible and stupid. Is it really possible for a plane going Mach 3 to suddenly stop, complete a 180-degree turn in mid-air and blow another plane out of the sky? Is it really good for pilots to talk about top-secret information at a bar with the bartender standing right there? Is it necessary to see this film? The answer is a resounding NO!

OVERALL RATING: No anchors

Community Calendar

To have your activity or event featured in the *Community Calendar*, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

- Blood drives** will be held at the following locations. For more information or to schedule a blood drive, call 433-6148 or 433-6195.
- **Sept. 7:** 10 a.m.-2 p.m., Fleet Industrial Supply Center, Pearl Harbor.
 - **Sept 8:** 10:30 a.m.-1:30 p.m., 25th ID Replacement Det, building 691, Schofield Barracks.
 - **Sept. 13:** 10 a.m.-3 p.m., U. S. Coast Guard, Club 14, Sand Island.
 - **Sept. 14:** 9 a.m.-2 p.m., Helemano Community Center, Helemano Military Reservation.
 - **Sept. 15:** 10:30 a.m.-1:30 p.m., 25th ID Replacement Det, building 691, Schofield Barracks.
 - **Sept. 22:** 9 a.m.-1 p.m., Community Center, Hickam Air Force Base.
 - **Sept. 28:** IPAC (Installation Personnel Administration Center), Marine Corps Base Hawai'i – Kaneohe, time to be announced.
 - **Sept. 29:** 10:30 a.m.-1:30 p.m., 25th ID Replacement Det, building 691, Schofield Barracks.

The **USS Hopper Ohana** will meet at 6:30 p.m. **Sept. 6** in the fellowship hall of the Pearl Harbor Main Chapel. Cmdr. Pete Driscoll, commanding officer of USS Hopper, will be a guest speaker. There will also be a guest speaker from the Navy Marine Corps Relief Society. There will be a social with refreshments and a door prize will be given away. For more information, call 683-1134.

Cub Scout Pack 189 will hold a sign-up event from noon-4 p.m. **Sept. 11** at Catlin-Halsey-Radford-Miller Community Center (CHRMCC). Designed for boys ages 7 to 10, cub scouting combines outdoor activities, sports, academics and more in a fun and exciting program that helps families teach ideals such as honesty, good citizenship and respect. The Boy Scouts of America is composed of more than 1.27 million volunteers working together for the sole purpose of helping its more than three million youth succeed in life. Girl scout representatives for the troops that meet at CHRMCC will also be conducting registration and providing information at the event. For more information, call 421-1840.

Joint Employment Management System (JEMS) will hold its 18th annual **JEMS Job Fair** from 11 a.m.-3 p.m. **Sept. 13** at Club Pearl at Naval Station Pearl Harbor. The event is open to all military ID card holders including active duty personnel, military family members, retirees, reservists and Department of Defense and Coast Guard employees with base access. Because of the professional nature of this event, no children will be admitted. Representatives from Hawai'i businesses, mainland companies and government agencies will be recruiting for job openings. More than 100 companies participated in recent job fairs. Job Fair participants will have the opportunity to talk to recruiters about jobs, pick up applications and drop off resumes. For more information, call the JEMS office at 473-0190, Pearl Harbor Fleet and Family Support Center at 473-4222, ext. 1; MCCS Marine and Family Services at 257-7790, Hickam AFB Family Support Center at 449-0300, or Coast Guard Work-Life Center at 842-2085.

Tripler Army Medical Center's community health nursing staff will host a **free one-hour fitness** class from 10-11 a.m. **Sept. 15** in Tripler's 10th floor confer-

ence room. Susanne Dale, fitness expert, is the guest speaker for the event and will present "A Woman's Guide to Fitness, Dispelling the Myths." She will also be available to answer health and fitness questions. Space is limited, early registration is recommended. For more information or to register, call 433-6834 or 433-1462.

The COMPACFLT Officers' Spouses Club will host a **welcome coffee for Ellen Roughead** from 10 a.m. to noon **Sept. 16** at the Nimitz House. Spouses of active duty, retired and deceased officers are invited to attend. Aloha attire is requested. There will also be a donation box available for school supplies which will be donated to Makalapa Elementary. For more information and to RSVP, call Sharon at 421-0290 or email compacfltspos-es@yahoo.com.

VP-4 Enlisted Family Support Group (EFSG) 1st Annual Golf Scramble will be **Nov. 2** at the Klipper Golf Course at Marine Corps Base Hawai'i – Kaneohe. Registration begins at 11 a.m. with shotgun start at noon. The deadline to register is **Sept. 30.** After Sept. 30, contact the golf committee for availability. Prizes will awarded for the longest drive, closest to the pin and the overall team score. Ticket prices are as follows: E-5 and below \$50, E6-O3 \$57, O4 and above \$59, DoD/federal/civilian, \$65. The entrance fee for retired military applies to prior rate. Family members pay the same rate as military spouses. The fee includes: greens fee, cart fee (two per team), awards dinner, one raffle ticket, snacks and beverages. There will be an awards dinner for family and friends at a cost of \$27 for adults, \$13.50 for children ages five-10 and no charge for children under four years old. For more information , log onto: <http://efsg.tripod.com/> For more information, call 677-2059 or email VP-4 EFSG president, Jhylia Eagle, at alohaeagle1@aol.com or VP-4 vice-president, Prairie Burt, at PBAdpi@aol.com.

Registration is now ongoing for the 11th annual **Joint Spouses' Conference (JSC)**, a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard, which will be held **Sept. 30** and **Oct. 1** at the Nehelani Banquet and Conference Center at Schofield Barracks. Registrants may choose from over 65 workshops with an array of interests, including cultural arts, cooking, health and fitness, parenting, career enhancement, military benefits and more. The 2005 JSC keynote speakers will be Brig. Gen. Coral Pietsch and Dr. Kent Keith, author of "Anyway - the Paradoxical Commandments." The cost is \$25 for both days or \$15 for Friday or Saturday only. The fee includes workshops, two continental breakfasts, two lunches and a conference tote bag. Seating is limited to 400 attendees.

All forms must be postmarked by **Sept. 16.** Children are not permitted to attend. Childcare is not available and must be prearranged. Registration forms may be picked up at military exchanges, commissaries, support centers, thrift shops and chapels. Register online or download the registration form at www.jointspousesconference.com. For more information and to preview some of the workshops, visit www.jointspousesconference.com or call the Navy liaison for the JSC, Cory Sievers, at 455-2921.

The Hickam Hurricanes **swimming team is looking for a head coach.** Previous coaching experience is desirable. The team also has an immediate opening for an assistant coach. No previous coaching experience is required for the assistant coach position. For more information, contact Peggy Glasgow at 389-5063 or email at information@HickamHurricanes.com with a current resume.

Having a baby? Know your TRICARE benefits

TriWest Healthcare Alliance

Although on a scale smaller than the legendary “baby boom” following World War II, “mini-booms” are occurring at military installations across the nation as troops return from overseas assignments. Because many of our nation’s patriots are coming from National Guard and Reserve ranks, not all parents-to-be are familiar with their maternity benefits under the military’s health care program, TRICARE, and there are important things for all active duty new and repeating parents to know.

Maternity-related ultrasounds

TRICARE covers ultrasounds (sometimes called “sonograms”) related to pregnancy when the procedure is medically necessary. In other words, the physician must consider the ultrasound necessary to deal with conditions that could seriously complicate the pregnancy or present a danger to the child or the mother.

TRICARE does not cover obstetric (OB) ultrasounds

performed for purposes of screening, routine evaluation or to determine the baby’s gender. Expectant parents should consult with their providers to make sure an ultrasound is medically necessary.

Go home or stay put?

While expectant fathers are serving overseas, some mothers-to-be may choose to stay where they are, and others may decide to return home to be near family.

Expectant mothers enrolled in TRICARE Prime Remote for Active Duty Family Members (TPRADFM), who reside in a remote area and may move to another remote area, will no longer be eligible for TPRADFM and will incur more expenses if they do not disenroll from TPRADFM switch.

If moving from a remote area to a TRICARE Prime service area, mothers-to-be may change their enrollment from TPRADFM to TRICARE Prime.

If moving from a Prime service area to a place where Prime is not available, they may change from TRICARE Prime to TRICARE Standard. Otherwise, point of service

charges may be incurred.

Referrals

Because of the robust partnership that exists among TriWest and the civilian provider networks, the overseas deployments of military physicians and other military considerations, many military treatment facilities (MTF) in TRICARE Prime service areas no longer offer OB care.

Not to worry. Prime beneficiaries requiring OB care in areas where it is not available at military facilities will be referred by the MTF to TRICARE civilian network providers. If the beneficiary has other health insurance (OHI), the OHI carrier will be the primary payer and no referral will be required from TriWest.

Other issues

TRICARE Prime beneficiaries who are active duty family members have no deductibles or cost-shares. Beneficiaries using TRICARE Standard or Extra will only be responsible for a \$13.90-per-day cost-share for inpatient care. Deductibles are waived for families of Reserve component members activated as part of the war on terrorism.

Although the TRICARE-eli-

gible, pregnant daughter of an active duty or retired service member is covered under TRICARE, the baby will not be covered following birth, unless the sponsor-grandparent adopts the baby or becomes his or her legal guardian.

Out-of-area care is covered for urgent and emergent care. A routine OB exam is routine care and would pay at the higher point of service option. For example, routine OB exams should take place before or after the travel/vacation.

A normal delivery outside of the mother’s Prime service area could incur point of service charges. It is recommended that the expectant mother who plans to travel late in her pregnancy confer with her doctor to ensure her safety.

After delivery

Newborns, and adopted children, are covered under TRICARE Prime for their first 60 days following birth or adoption, but, after that, they must be enrolled in Defense Enrollment Eligibility Reporting System (DEERS) database and enrolled in TRICARE Prime to avoid a gap in coverage.

Coverage will be paid as



Photo courtesy of TriWest Healthcare Alliance
A mother-to-be gets a check-up from her local physician.

TRICARE Standard on the 61st day if enrollment has not been completed by then.

To enroll a newborn or newly-adopted child in DEERS, the sponsor (or other parent or guardian prepared to show power of attorney) must bring a copy of the child’s birth certificate or certificate of live birth, which are available from the hospital’s medical records department, or adoption papers to the nearest military facility personnel office.

Following DEERS registra-

tion, a parent or guardian must complete, sign and submit the TRICARE Prime Enrollment Application and PCM (primary care manager) Change Form, which is available online at www.triwest.com or by calling 1-888-TRIWEST (1-888-874-9378).

For more detailed information about your TRICARE maternity benefits, visit TriWest’s web site at www.triwest.com or call TriWest at 1-888-TRIWEST (1-888-874-9378).

Save resources and dollars – be conservation conscious

Karen S. Spangler Assistant Editor

Is the thermostat on your air conditioning system turned so low that you have to wear a sweater inside your house or put a blanket on the bed to keep warm? Have you noticed that exterior lights are left on even after the sun rises? Do you water your lawn for so long that it leaves pools and puddles in the grass or runs down the street in rivulets? Do you wash your car every day?

For those who answered yes to any of these questions, it’s time to be more conservation conscious and use resources more wisely. These examples are a bit on the extreme side, but even if you aren’t guilty of these practices, you can still take a proactive

role in saving energy and water. For one thing, it’s the right thing to do. But ensuring that utilities conservation becomes an essential part of our daily routine is also the goal of utilities conservation standards that have been established within Navy Region Hawai’i.

A Regional Energy Management Team is asking everyone to “pledge your personal commitment to saving Navy energy.”

The utilities conservation standards direct that all air conditioning unit thermostats should be set at 74 degrees or higher. By being conservation conscious, all of us can serve a vital role in saving these valuable resources. Electricity is just one of the resources that we need, but frequently abuse.

Here are some “common sense” energy-saving tips from the people at Hawaiian Electric Company that will enable you to do your part in conserving electricity. Cost estimates of energy consumption are based on average usage for a family of four.

- User lower wattage bulbs wherever possible and be sure to turn off lights when not in use. Use fluorescent lights where possible. Compact fluorescents use 75 percent less energy and last 10 times longer. During the holidays, use “midget” lights for decorating.
- Dishwashers use 37 percent less water than washing dishes by hand, as long as you are washing full loads and using the short cycle. It costs approximately \$3 per month if you operate your dishwasher one load per

day.

- Use a microwave if you are cooking or heating a small amount of food. Try to use tight-fitting pot lids and match the size of your pots and pans to the size of the cooking element you are using. Plan meals so that you use your oven to cook a vegetable dish or dessert with your main dish. Using your range/oven costs about \$5 per month compared to the monthly cost for microwave use, based on 20 minutes per day, of \$1.65.
- When doing laundry, always use the cold water rinse cycle. Rinsing in warm water won’t make clothes any cleaner. Dry full loads, but don’t overload. Dry laundry loads in succession to use retained heat. Check and clean your dryer’s lint filter often. Lint

buildup not only restricts air circulation, but is also a fire hazard. Operating your clothes washer (without hot water) at the rate of eight loads per week costs about \$1 per month. Your clothes dryer, running on 40-minute intervals at an average of eight loads per week, will cost about \$11 a month.

- When taking showers and baths, run the water as little as possible. Not only does this save valuable electricity that is used to heat the water, but it also conserves another vital resource - water. A conventional hot water heater uses about \$44 of electricity per month.

Take some time to talk with all of the members of your family about pitching in to manage wisely and conserve electrical use.